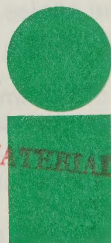
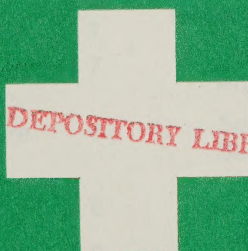
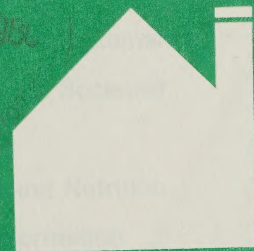
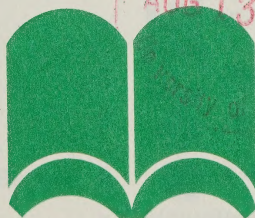
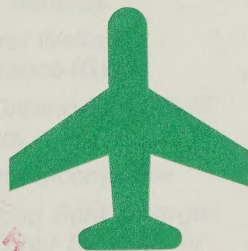
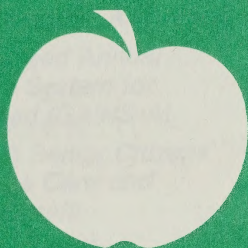
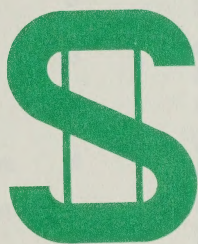


Resources for Senior Citizens

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DEPOSITORY LIBRARY MATERIAL

Hon. Keith Norton, Minister
Robert Carman, Deputy Minister

Ministry of Community
and Social Services












Revised May 1979



Additional copies of this booklet
may be obtained from:

Ministry of Community
and Social Services
Senior Citizens
Hepburn Block, 4th floor
Queen's Park
Toronto, Ontario M7A 1E9
Telephone (416) 965-5103

20M/5/79

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Introduction

Because people generally live longer and most older people are healthier and more active than ever before, our senior citizens have become an increasingly more important group in our society. Currently, there are an estimated three-quarters of a million senior citizens in Ontario.

The realization is growing rapidly that age has little to do with a person's ability to lead a full and active life.

A growing number of companies, unions, community colleges, church and voluntary groups and other organizations are providing courses to help those approaching retirement make positive preparations for the future.

The Ontario government has taken several steps to improve attitudes towards seniors and better their living conditions. Each June, the Ministry of Community and Social Services sponsors a Senior Citizens' Week to encourage special events that focus attention on the concerns of older people and promote awareness of their continuing contribution to society.

In April, 1974, the Honourable Margaret Birch, Provincial Secretary for Social Development, announced the formation of the 19-member Ontario Advisory Council on Senior Citizens. The purpose of the council is to advise the Ontario government on policy matters pertaining to the well-being of the aging and aged.

However, some senior citizens still reach retirement without having any clear ideas of what to do or what services and facilities are available to them. They could benefit from the guidance, encouragement and companionship found in seniors' clubs and other organizations. In groups of their own, they can plan and work together to build new interests and enjoyment and make their own opportunities for self-help and community service.

There are now around a thousand such groups throughout Ontario. Some are confined to purely recreational activities; some operate programs which encourage their members to learn new skills and participate in community affairs; some provide services such as meals-on-wheels or home visiting, and others are purely educational and self-help programs.

A growing number of volunteer groups and individuals are showing an interest in organizing such clubs. There is a wide range of assistance a club can draw upon, including the programs and services of the Ontario Ministry of Community and Social Services and other government agencies, municipalities and voluntary organizations.

This booklet outlines a few preliminary guidelines for organizing clubs and other types of groups and includes information and lists of resource material on programs of interest to older people.

Organizing a Club

Most senior citizens' clubs are organized by individuals or groups of citizens, including seniors. Clubs may operate from private homes, churches, community halls or senior citizens' residences. They may receive aid from the Red Cross, the YMCA, service clubs, church organizations or governments. Many are self-supporting as a result of their own fund-raising projects.

Those wishing to start a club should approach their local municipal recreation department. The municipality may assist a club in a number of ways including funds for the rental of accommodation or the purchase of equipment.

The Sports and Fitness Division of the Ministry of Culture and Recreation also provides guidance on how to form a club and establish by-laws, and counselling on organizing special programs.

Two helpful booklets produced by the Division are: *Organizing Club Activities with Older People* which gives advice and suggests a range of activities, and *The Job of Executive Officers in Senior Citizens' Clubs* which outlines duties and functions such as bookkeeping and chairing meetings.

The Division maintains a film collection on community development, recreation and related subjects.

Location of consultants, booklets and other material can be obtained by writing to:

Ministry of Culture and
Recreation
Resource Centre
77 Bloor St. West, 9th floor
Toronto, Ontario M7A 2R9
Telephone: (416) 965-6763

Another useful resource for those organizing a senior citizens' club/group is *Resources for Community Groups* available from:

Ministry of Culture and
Recreation
Multicultural Development
Branch
77 Bloor Street West
5th floor
Toronto, Ontario M7A 2R9
Telephone: (416) 965-6621

Elderly Persons' Centres

An Elderly Persons' Centre is all or part of a building in which social services and/or recreational, cultural and recreational activities are provided to seniors on a daily basis.

Such centres may be operated by a non-profit organization or a municipality. However, for a centre to be eligible for financial assistance under The Elderly Persons' Centres Act, it must be approved under that Act.

Funding from the province is conditional upon the municipality in which the Centre is located contributing at least 20 per cent of capital costs and 50 per cent of operating costs up to a ceiling of \$15,000 per year.

There are now 120 centres approved under The Elderly Persons' Centres Act. For further information on approval and funding procedures, contact:

Ministry of Community and
Social Services
Senior Citizens
Hepburn Block, 4th floor
Queen's Park
Toronto, Ontario M7A 1E9
Telephone: (416) 965-7695

Special Financial Assistance for Groups

New Horizons

New Horizons, administered by the Federal Department of Health and Welfare, provides grants to groups of retired persons to undertake activities of benefit to themselves and their communities. To obtain the brochure entitled, *New Horizons*, or for further information, please contact:

New Horizons Program
2300 Yonge Street
Suite 1104
Toronto, Ontario M4P 1E4
Telephone: (416) 481-5183

Wintario

Wintario grants may be available to senior citizens' clubs/groups for cultural and recreational programs and events. To obtain the pamphlet *Wintario and Senior Citizens*, please contact:

Ministry of Culture and
Recreation
Sports and Fitness Division
Special Interest Section
77 Bloor St. West, 8th floor
Toronto, Ontario M7A 2R9
Telephone: (416) 965-5665

Spokesmen for Senior Citizens

Ontario Welfare Council - Section on Aging

The Ontario Welfare Council - Section on Aging, through its Standing Committee on Aging, is working to focus upon the needs of the aged and aging as a special area of social concern and to promote public understanding and support in Ontario on matters related to aging. For further information contact:

Ontario Welfare Council
Section on Aging
1240 Bay Street, Suite 404
Toronto, Ontario M5R 2A7
Telephone: (416) 961-4771

Ontario Advisory Council on Senior Citizens

This 19-member council advises the Ontario government on policy matters pertaining to the well-being of the aging and the aged. As well, it fulfills part of its mandate of providing education opportunities for seniors by publishing *Especially for Seniors*, a large-type-for-easy-reading newspaper. It is mailed out four times a year to all persons receiving Old Age Security. To obtain your copy of this newspaper or for further information, contact:

Ontario Advisory Council on
Senior Citizens
700 Bay Street, 2nd floor
Toronto, Ontario M5G 1Z6
Telephone: (416) 965-2324

However, the true 'experts' and 'professionals' on the subject of aging and retirement are senior citizens themselves. The real-life lessons they have learned by themselves and from others make their advice invaluable.

Senior Citizens Organizations

Two organizations dedicated to the cause of bettering conditions for senior citizens are Canadian Pensioners Concerned Canada Incorporated and the United Senior Citizens of Ontario, which is part of the Federation of Pensioners and Senior Citizens.

Canadian Pensioners Concerned Incorporated, Ontario Division, seeks to improve the quality of life for older people through education, research and influencing government and corporations on behalf of seniors in Ontario. It is a non-profit, non-political organization and it publishes a quarterly magazine entitled *Pensioners Concerned News Magazine* which features outstanding articles and information of value to seniors. For further information, contact:

Canadian Pensioners
Concerned Incorporated
Ontario Division
51 Bond Street
Toronto, Ontario M5B 1X1
Telephone (416) 368-5222

United Senior Citizens of Ontario is an organization that has been establishing contacts with clubs and centres across Ontario, presenting their needs and concerns to various government bodies. Many senior citizens' clubs in the province are affiliated with USCO which publishes a monthly newsletter entitled *The Voice*. A subscription (approximately \$2.50 a year) can be obtained by contacting:

United Senior Citizens
of Ontario
3505 Lakeshore Blvd. West
Toronto, Ontario M8W 1N5
Telephone: (416) 252-2021

Among the main topics of concern to senior citizens and those approaching retirement are health, housing, financial and legal arrangements, nutrition and preparation for their retirement years. A group for seniors could serve a useful purpose by organizing discussions during which members are able to talk over their problems and seek solutions. Sources of information are plentiful - community centres, government and private industry.



Information Centres

Community information centres are located in most major cities and many smaller communities throughout the province. They inform citizens of resources available in their area. If there is one in your region, it will be listed under 'I' for 'information' in the yellow pages of the telephone directory.

The Community Information Centre of Metropolitan Toronto publishes a guide to programs and services of interest to senior citizens in Metropolitan Toronto called *Information for Seniors*. It lists information on a wide range of subjects, including pensions and financial aid, guidance on taxes, health services, help at home, things to do and places to go.

It will be available late in 1979 from:

Community Information
Centre of
Metropolitan Toronto
110 Adelaide Street East,
4th floor
Toronto, Ontario M5C 1K9
Telephone: (416) 863-0505



Bell Canada

Bell Canada has a wide selection of sets and services available. A black dial telephone with party line service is the most economical residence service. Before selecting your service, know the cost of all the options and then pick the service which best meets your needs. The introductory pages of your telephone directory contain tips on keeping service costs down and information on how to get best use from your service. In addition, there is information about the company - where to call if you have a complaint, proper identification of company employees and so on.

Of particular interest to seniors is how to avoid Directory Assistance charges. If you are 65 or over, or if you have a permanent handicap that prevents you from using the directory, you should apply for a Directory Assistance charge exemption. Exemption forms are available from your Bell Canada Business Office or Phonecentre.

Bell Canada also publishes the booklet *Telephone Services for Special Needs*, which describes aids and services available for people with speech, hearing, sight or motion difficulties. You can obtain a free copy of this booklet from your Bell Business Office or Phonecentre.



**Consumer
Services
Bureau**

The Ministry of Consumer and Commercial Relations' Consumer Services Bureau investigates written complaints of unfair business practices, fake bank inspectors, dishonest home repair specialists and subscription salesmen. The booklet *Consumer Tips for Senior Citizens* lists approaches con men use to trick people into giving them money. Read it and keep it by your phone. For your copy, write:

Ministry of Consumer and
Commercial Relations
Consumer Information Centre
555 Yonge Street
Toronto, Ontario M7A 2H6
Telephone: (416) 963-1111



Housing

Many senior citizens decide to sell their homes either because their families have grown up and moved out or because their incomes decrease after retirement. They may then require less expensive housing. There are several kinds of housing for seniors to choose from.

Senior Citizens' Low-Rental Accommodation has been established throughout the province by non-profit corporations and the Ministry of Housing for persons who can look after themselves and do not require bed care. The Ministry of Housing has published two pamphlets on senior citizens' housing.

The pamphlet entitled *Housing for Senior Citizens* is aimed at helping senior citizens decide whether they are interested in Ontario Housing and whether they are eligible.

Another pamphlet which might assist senior citizens to decide whether or not they should go into an Ontario Housing building is *Your Resident's Guide: Senior Citizens*. It describes, in greater detail, the facilities and services available in Ontario Housing communities as well as the rules and regulations.

Seniors who wish to live in these low-rental apartments should apply early because there is often a waiting list.

For the above publications and other information, contact:

Ministry of Housing
Communications Branch
56 Wellesley St. W., 2nd floor
Toronto, Ontario M7A 2K4
Telephone: (416) 965-9784

Homes for the Aged have been established by fraternal, religious and municipal organizations for those seniors who require supportive services which are not available in their community.

Charitable and municipal homes are encouraged to provide a number of activities for their residents in addition to the basic residential or combination of residential and extended care services.

Admission should be planned in advance, when possible, and the older person should visit the home before making a choice of residence. To assist in making that choice, the Ministry of Community and Social Services provides a listing of homes for the aged.

To obtain it and any other information on homes for the aged, contact:

Ministry of Community and Social Services
Senior Citizens
Hepburn Block, 4th floor
Queen's Park
Toronto, Ontario M7A 1E9
Telephone: (416) 965-7695

Nursing Homes and Homes for Special Care provide extended care services for those who need at least one and a half hours of nursing care a day. Application may be made under the Extended Health Care Program.

This program is described in the Ministry of Health's pamphlet, *Comfort and Care Away From Home*. To obtain it and other information on Ontario's nursing homes, homes for special care and the Extended Health Care Program, contact:

Ministry of Health
Extended Health Care Program
880 Bay Street, 5th floor
Toronto, Ontario M7A 2C2
Telephone: (416) 965-1505



Visiting Nurses and Homemakers

The services of visiting nurses and homemakers are available to seniors to help them remain in their own homes. Municipalities, aided by the provincial government, may provide financial assistance to those who need these services and cannot afford them.

Visitors Who Help is a pamphlet describing the visiting nurses and homemakers' services program published by the Ministry of Community and Social Services. A copy may be obtained by contacting:

Ministry of Community and Social Services
Communications Branch
Hepburn Block, 7th floor
Queen's Park
Toronto, Ontario M7A 1E9
Telephone: (416) 965-7825

Public health nurses, registered under the Ministry of Health, provide service in many areas including low-income housing, senior citizens' apartments and private home counselling.

Home Care Program

For the Ministry of Health's pamphlet *Getting Well Quickly - At Home*, See page 14.



Financial Benefits

There are several assistance plans for senior citizens administered by all levels of government.

Old Age Security (OAS). If you are 65 or over and meet certain residence requirements, you may be eligible to receive a pension under The Old Age Security Act. Information booklets on and application forms for this pension only may be obtained from any post office.

The Guaranteed Income Supplement (GIS) is an allowance granted to those receiving Old Age Security who are in need of additional assistance.

Spouse Allowance. Please note that further assistance is also available to the spouse, between the ages of 60 and 65, of a recipient of a Guaranteed Income Supplement.

For further information on and assistance in completing application forms for both OAS and GIS, contact:

Department of Health and
Welfare
Old Age Security/Guaranteed
Income Supplement
P.O. Box 6000
Postal Station 'Q'
Toronto, Ontario M4T 2P6
Telephone: (416) 423-6900

or any Canada Pension Plan district office.

is a contributory social insurance program which provides disability, retirement, and surviving spouse's pensions. There is also a lump sum death benefit available and benefits for qualified dependent children of disabled and deceased contributors. Retirement pensions are payable at age 65 to anyone who has made a valid contribution to the plan. (You do not have to be retired from regular employment in order to qualify.) Disability and survivors' benefits may be payable if an individual has contributed for the minimum qualifying period. Please note, however, that in order to qualify for a disability benefit under the Canada Pension Plan, the disability must be severe and prolonged, not of a short-term nature. The Canada Pension Plan operates in all provinces of Canada except Quebec, which has its own comparable pension plan. Benefits are not automatic and must be applied for.

There are other qualifying conditions for these benefits and information can be obtained by contacting the nearest Canada Pension Plan District Office, or by writing:

Department of Health
and Welfare
The Canada Pension Plan
333 River Road
Ottawa, Ontario K1A 0L1

War Veterans' Allowance

If you or a member of your family have served in the armed services and if you are in need, you may qualify for special assistance as outlined in the War Veterans Allowance pamphlet. To receive your copy, contact the District Director in the nearest district office of the Department of Veterans Affairs or in Toronto: Veterans Services, P.O. Box 750 Station 'K', Toronto, Ontario M4P 2H3.

Guaranteed Annual Income System for the Aged (GAINS-A)

Ontario's GAINS-A program guarantees a minimum annual income to senior citizens who are 65 years of age or older and who meet certain income and residency requirements. For those persons receiving the federal Old Age Security (OAS) and the Guaranteed Income Supplement (GIS), eligibility for GAINS-A will be reviewed automatically. **YOU DO NOT NEED TO APPLY.**

Persons 65 years of age prior to April 7, 1976, who resided in Canada five consecutive years with the last one year in Ontario immediately prior to April 7, 1976 but do not qualify for OAS, may be eligible for GAINS-A. However, **YOU MUST APPLY FOR GAINS-A** in this case. For further information, contact the GAINS-A Information Centre.

In Toronto, telephone 965-8470..

If your area code is 807, ask the operator for Zenith 8-2000 (toll free).

All other Ontario residents, dial direct 1-800-268-7121 (toll free).

Ontario Senior Citizens' Privilege Card and Drug Benefit

Persons entitled to the federal government's Old Age Security (OAS) automatically receive a numbered Ontario Senior Citizens' Privilege Card which entitles them to the Ontario Drug Benefit as well as other provincial privileges. It should arrive in the month following the month in which you receive your first payment of OAS. **YOU DO NOT NEED TO APPLY** for the Ontario Senior Citizens' Privilege Card.

You should apply for the drug benefit if you are 65 years of age or over and:

- ☐ do not receive the federal government OAS cheque and;
- ☐ have not received a Senior Citizens' Privilege Card and;
- ☐ have resided in Ontario for the past 12 consecutive months as a Canadian citizen or landed immigrant.

You should apply in the month in which you turn 65, or the 12th month of residency, whichever is later.

Any permanent resident of Ontario, age 65 or over, is eligible for an unnumbered Ontario Senior Citizens' Privilege Card which is recognized by some business facilities and attractions as identification for reduced prices for seniors.

Seniors who have not lived in Ontario for 12 consecutive months and who do not receive Old Age Security pensions can apply for this unnumbered card. While you do not qualify for Drug Benefit, you are entitled to all other privileges available to senior citizens. When you attain 12 months residency, please apply for a replacement and numbered Senior Citizens' Privilege card which includes Drug Benefit.

Application forms for both numbered and unnumbered Senior Citizens' Privilege Cards may be obtained from:

Ministry of Health
Drug Benefit
Box 21,000, Station A
Toronto, Ontario M5W 1Y5
Telephone: (416) 965-9337

The Ministry of Community and Social Services has published the booklet *How to Use Your Ontario Senior Citizens' Privilege Card*, which lists the kinds of services available, free or at reduced rates, to Ontario senior citizens and how to go about getting them. For a copy, contact:

Ministry of Community and Social Services
Communications Branch
Hepburn Block, 7th floor
Queen's Park
Toronto, Ontario M7A 1E9
Telephone: (416) 965-7825

Family Benefits

Family Benefits is a provincial program of financial assistance. This is available to certain families and individuals to help them with ordinary living expenses and it is provided in addition to other financial assistance and services to look after special needs.

Those on Family Benefits who live in a home for the aged, a charitable institution or a nursing home receive an amount toward the cost of care plus a certain amount per month as personal spending money.

Other Benefits

If you or your spouse is age 65 or over and have resided in Ontario for at least 12 months, you may receive free Ontario Health Insurance Plan (OHIP) regardless of income. You must apply and applications are available from OHIP District Offices.

If you are receiving Family Benefits and have dependent children, you may also receive free basic dental care, as well as other free services such as family, credit and nutritional counselling and legal aid.

General Welfare Assistance (GWA)

If you need financial assistance immediately and only for a short time, you should apply to your municipality for General Welfare Assistance (often called city or country welfare). Applicants must undergo a needs test to determine eligibility.

Municipalities can provide two types of financial assistance: General Assistance and extra money for special needs.

General Assistance is a weekly or monthly allowance similar to Family Benefits. It is designed to cover basic living needs.

In addition, there are two allowances which may be available to people who need money for special things – Special Assistance and Supplementary Aid. These allowances provide money for moving, surgical, dental or optical services, artificial limbs, hearing aids, transportation (to doctors), funerals and burials, spending money for people in nursing homes, rent supplement and any extraordinary need.

You should clear these expenditures with your welfare administrator before actually spending the money or contracting to spend it. There is no appeal procedure if your municipal administrator does not grant these allowances.

For further information on General Welfare Assistance, contact the Social Services Office in your municipality or region.

For further information

The Ministry of Community and Social Services has published the pamphlet *Who's Eligible for Social Assistance* which includes information on the Family Benefits and General Welfare Assistance programs. A copy may be obtained from:

Ministry of Community and
Social Services
Communications Branch
Hepburn Block, 7th floor
Queen's Park
Toronto, Ontario M7A 1E9
Telephone: (416) 965-7825

The Ontario Tax Credit System

The Ministry of Revenue has published the booklet *Ontario Tax Credit Guide*. For a copy of this booklet or information concerning the filing of your tax return, contact:

Ministry of Revenue
Guaranteed Income & Tax
Credit Branch
Queen's Park
Toronto, Ontario M7A 2B3

- In Metro Toronto, dial 965-8470
- Area Code 807, ask the Operator for Zenith 8-2000
- All other areas, dial 1-800-268-7121 (toll free).

Federal Income Tax

In order to claim provincial tax credits, seniors should file an income tax return each year, regardless of their taxable income.

Revenue Canada has prepared a series of tax information pamphlets to help people file their income tax returns. One of special interest to seniors is *Income Tax and the Senior Citizen*. It deals primarily with situations and tax aspects peculiar to seniors and those on retirement income.

All the tax information pamphlets and any further information are available free of charge from District Taxation Offices in Ottawa, Kingston, Belleville, Toronto, Hamilton, Kitchener, St. Catharines, London, Windsor, Sudbury and Thunder Bay. They are listed under 'G' for 'Government – Canada' in all telephone directories.

Reduced Bank Charges and other benefits for Senior Citizens

Bank and Trust Companies often provide special incentives and benefits for the '55 and over' account holders. Mortgage plans geared to help seniors stay in their homes are also starting to appear on the market. For further information, contact the manager of your bank or trust company.



Wills and Testaments

Everyone, including seniors, should prepare a proper Will. If you do not have a family lawyer or cannot afford lawyers' fees, you should apply to the Legal Aid Secretariat for assistance. There are 46 Legal Aid Directors throughout the province and they can be located by contacting the area offices of the Ministry of Community and Social Services listed at the back of this booklet or:

Mr. Andrew Lawson, QC
Director,
Ontario Legal Aid Plan
145 King Street West
Toronto, Ontario M5H 3L7
Telephone: (416) 361-0766

The Ontario Legal Aid Plan has published a pamphlet *Do You Need Legal Help?* which is available from the office mentioned above.



Memorial Societies

The Memorial Society Association of Canada is a non-profit organization offering advice regarding the pre-planning of funerals with simplicity, dignity and moderate cost.

In Toronto contact:

Toronto Memorial Society
Box 96, Station A
Weston, Ontario M9N 3M6
Telephone: (416) 241-6274

Other Ontario local branches are located in Guelph, Hamilton, Kingston, Kitchener-Waterloo, London, Niagara Peninsula, Ottawa, Thunder Bay and Windsor.



Health

The Ministry of Health produces pamphlets, films and guides on general health care. A few of special interest to senior citizens are listed below:

Aging—the myths and reality explains why aging as a natural process can be as rewarding and exciting as youth. Gives pointers on personal maintenance in later years.

Comfort and Care Away from Home describes who is eligible for nursing home care and how the various homes operate.

Getting Well Quickly — At Home describes the Home Care program and its advantages.

Ontario's Drug Benefit for Senior Citizens explains how the Ontario Drug Benefit program works, who is eligible and how to apply.

The Ontario Health Insurance Plan — General Guide outlines OHIP benefits for Ontario residents, newcomers and returning former residents.

The Traveller's Guide to the Ontario Health Insurance Plan outlines parts of OHIP that concern Ontario residents travelling outside Ontario and gives information for visitors and newcomers to the province.

They are available from:

Ministry of Health
Health Resources Centre
Hepburn Block, 9th floor
Queen's Park
Toronto, Ontario M7A 1S2
Telephone: (416) 965-3101

Health and Fitness, published by the Federal Department of Health and Welfare, is a physical fitness guide which includes information on exercise and nutrition. (Free distribution, limited to 10 copies per person). To obtain, write:

Fitness and Amateur Sports
Promotion and
Communication
365 Laurier Ave. West
10th floor
Ottawa, Ontario K1A 0X6

The Ministry of Culture and Recreation's *Fitness for You* is available from:

Ministry of Culture and
Recreation
Sports and Fitness Division,
Special Services Branch
77 Bloor Street West
8th floor
Toronto, Ontario M7A 2R9
Telephone: (416) 965-5665



Food and Nutrition

Coping with the rising cost of living can add to the problems of senior citizens on a fixed income or pension, especially in the field of nutrition. It is also a fact that many older people lose interest in food or become careless about making sure that their diets are sufficiently nourishing to keep them healthy. A great many agencies and organizations have produced literature which can be used to help senior citizens with proper meal planning.

Can We Eat Well for Less is a publication of special interest to seniors. It is available (for a small charge) from:

Dairy Bureau of Canada
20 Holly Street
Toronto, Ontario M4S 2E6
Telephone: (416) 485-4453

Often a few new recipes can help stimulate the appetite and encourage a greater interest in preparing meals that are tasty and nourishing. Your local library or a bookstore could yield a list of good cook books. The titles of some such books which would be useful for senior citizens follow:

Cooking for One, by Norah Mannion Wilmot; printed in Canada by J.J. Douglas, N. Vancouver, B.C. (price \$2.95)

Easy Cooking for One or Two, by Louise Davies; recipes prepared for retirement cookery class at the Geriatric Nutrition Unit, Queen Elizabeth College, London University, England; published in the Penguin series 1972 (reprinted in 1975) for \$2.95

Food and Fitness, 96 page booklet with color illustrations available free of charge from:

Ontario Hospital Association
Publications Department
150 Ferrand Drive
Don Mills, Ontario M3C 1H6

The Joy of Eating, 26 page booklet containing a summary of nutritional needs at each stage of life free of charge from:

Mutual Life Assurance
Company of Canada
Public Relations Department
227 King Street South
Waterloo, Ontario N2J 4C5

The Senior Chef, 48 page booklet of easy-to-prepare, economical recipes as well as information on buying and storing foods. Available at \$1.00 from:

Ministry of Health
Nutrition Division
1515 Blanshard Street
Victoria, B.C. V8W 3C8

The following government departments/ministries publish a variety of excellent food and nutrition pamphlets which may be obtained free of charge:

Department of Health and
Welfare
Consultant, Educational
Services
Health Protection Branch
2301 Midland Avenue
Scarborough,
Ontario M1P 4R7

Department of Agriculture
Information Services
Ottawa, Ontario K1A 0C7

Ontario Ministry of Health
Communications Branch
Hepburn Block, 9th floor
Queen's Park
Toronto, Ontario M7A 1R3

Ontario Ministry of
Agriculture & Food
Information Branch
1200 Bay Street, 10th floor
Toronto, Ontario M7A 1A5

In addition, most food companies produce useful and interesting materials which they will distribute through grocery stores, advertise on food labels, on food coupons, or in magazines.

Volunteer Information

Local hospitals, schools, social service agencies and cultural and recreational organizations need volunteers. To find out where volunteer help is needed in your community, contact your local Volunteer Bureau (often associated with the Community Information Centre) or Social Planning Council.



Senior Volunteers in Public Services (Senior VIPs)

In Metropolitan Toronto, the Senior VIP Services assists in bringing together individuals and organizations who need help and Metro seniors who would like to help.

The senior VIPs invite Metro residents who are retired and over the age of 55 to come in for a interview at their offices in downtown Toronto, Etobicoke, North York and Scarborough.

For an appointment, call:

231-6521 in Etobicoke
481-6194 in North York
264-2308 in Scarborough
961-6888 in Toronto



LINK Skills Exchange Program

Some senior citizens groups have formed *LINK* Skills Exchange programs in their communities. For more details about this program, a pamphlet is available from your area office. If your group is interested in starting such an exchange program in your community and would like some information, contact the Senior Citizens' Consultant in your area. See list of area offices on page 22.



Senior Volunteers in Service

The Senior Volunteers in Service program of the Ministry of Community and Social Services has a special place for retired people who live in municipalities with populations of 25,000 or less. They must be people who are at least 55 years old, of either sex, who enjoy good health, are mobile, know about their community and are willing to commit themselves, for a year initially, to the service of other seniors in the community.

As ministry volunteers, they act as sources of information for the elderly in the community, assisting those who need ministry programs

and services. In addition to the liaison role, the volunteer must react to individual needs in the community.

If you would like to become a Senior Volunteer in Service or if you would like to get in touch with the Senior Volunteer in your area, contact the area office of the ministry (listed on page 22) or:

Ministry of Community and
Social Services
Senior Citizens
Hepburn Block, 4th floor
Queen's Park
Toronto, Ontario M7A 1E9
Telephone: (416) 965-7695



Travel

For those who like to travel, some railways, airlines, bus lines and local transit authorities offer reduced fares for people 65 and over. For further information, contact the transportation companies.

In addition to providing the normal free travel advice to all Ontario residents, the Customer Sales and Service Section of the Ministry of Industry and Tourism produces a *Guide to Travel in Ontario for Seniors* which gives information about special reduced admission rates to historical sites and major tourist attractions for people over 65. For further information, contact:

Ontario Travel
Hearst Block, 3rd floor
Queen's Park
Toronto, Ontario M7A 2E5
Telephone: (416) 965-4008



Continuing Education

Retirement provides years of leisure in which to pursue new hobbies and interests and, today, there are more opportunities than ever before for senior citizens.

Groups can help their members plan a program of continuing education. If individuals feel hesitant about attending courses alone, it might be possible to organize such a program as a group venture. Details of extension courses offered can be obtained through school boards and from your nearest community college.

Extension Courses

There is a growing conviction that education should be a life-long experience and research has proven that people do not lose their ability to learn as they grow older. Consequently an increasing number of secondary schools, cultural organizations and associations such as the YM or YWCA, as well as universities and community colleges, accept seniors at reduced fees or without any fee at all.

A complete listing of all extension courses offered in Metro Toronto can be found in *The Continuing Education Directory* which is available for reference in all public libraries. For those living in smaller communities, out of easy reach of a community college or school, courses suitable for senior citizens are organized by many municipalities.

Individual boards of education have film libraries, and public libraries throughout the province maintain collections of films and records which may be borrowed. They also frequently present lectures and art displays. In addition, the National Film Board of Canada has produced many hundreds of films, ranging from documentaries on natural science and geography to travel and the arts, which can be borrowed free of charge. Catalogues of these films may be consulted in libraries throughout Ontario.

Correspondence Courses

The Ministry of Education offers correspondence courses in elementary and secondary school subjects. For adults who have not had the opportunity to complete elementary school, basic courses in English grammar and composition and mathematics are offered. Secondary school courses are offered in arts, business and commerce, drafting, English, French, geography, German, history and social science, mathematics and science from grades nine to 13.

Complete details are available in the *Correspondence Courses Calendar* for the current year. It can be obtained from:

Correspondence Courses
909 Yonge Street
Toronto, Ontario M4W 3G2
Telephone: (416) 965-2657

Special Education Programs

Both regular and part time study is offered to senior citizens by most of Ontario's universities and community colleges. In many cases, there are no admission requirements specific to seniors except proof of age and often tuition fees are waived or reduced.

In addition, many community colleges offer specialized courses for senior citizens dealing with topics such as retirement planning and problems of retirement.

Colleges may differ somewhat in their admission regulations. Prospective students are advised to check with the institution they wish to attend.

For further information on study opportunities, admission requirements, fees and student loans, burseries and other forms of assistance, consult the publication *Horizons* at your local library or contact:

Ministry of Education
Communications Branch
Mowat Block, 14th floor
Queen's Park
Toronto, Ontario M7A 1L2

Educational Radio and Television

Open College/Ryerson University credit and general interest courses are broadcast at convenient hours on CJRT-FM, 91.1 radio, a non-commercial FM station. There are reduced rates for senior citizens and no educational prerequisites. For course offerings, contact:

Open College/Ryerson
297 Victoria Street
Toronto, Ontario M5B 1W1
Telephone: (416) 595-5273

General Information on Government Services

OECA TVOntario Ontario

Educational Communications Authority TVOntario features programs of special interest to senior citizens — from explorations on what it's like to grow old to specific information on planning retirement. Senior citizen clubs and other interested groups might find many of the video tapes (available at a charge) plus back-up material on these topics very useful to their members. For further information on the availability of videotapes and other material, contact:

OECA — Central Order Desk
Box 200, Station Q
Toronto, Ontario M4T 2T1
Telephone: (416) 484-2610

Detailed information on specific programs and services in Ontario is available from the government departments which administer them. Below is a selection of information of special interest to group leaders and senior citizens.

*We're here to help** — a general description of the Ministry of Community and Social Services functions and programs.

This publication is available from:

Ministry of Community and
Social Services
Communications Branch
Hepburn Block, 7th floor
Queen's Park
Toronto, Ontario M7A 1E9
Telephone: (416) 965-7825

The Ministry of Community and Social Services Senior Citizens Program is able to provide additional information on aging, preparation for retirement, services available to the elderly, dietary guidance, advice to those operating groups or programs in centres, etc. The data includes research studies and surveys, reprints of articles of interest to senior citizens and where they can be obtained. A few of the publications available follow:

Proceedings, First Residents' Councils Conference, Ontario Homes for the Aged, Toronto, 1973.

* Also available in French

Sing Out — a large-print songbook for senior citizens.

A Christmas edition is also available.

These publications and any other information may be obtained from:

Ministry of Community and
Social Services
Senior Citizens
Hepburn Block, 4th floor
Queen's Park
Toronto, Ontario M7A 1E9
Telephone: (416) 965-7695

The Ministry of Culture and Recreation has published a wide range of material on the various aspects of retirement planning. They are listed below:

Life Planning for Retirement

Are You Ready — a companion workbook to go with the above publication.

Recreation for Older Adults — a program manual.

It's Up to You — a pre-retirement kit for business and industry pre-retirement planners. Its main thrust is towards dealing with leisure in retirement.

For copies of these publications and other information, contact:

Ministry of Culture
and Recreation
Sports and Fitness Division
Special Interest Section
77 Bloor St. West, 8th floor
Toronto, Ontario M7A 2R9
Telephone: (416) 965-5665

**Ministry Area Offices
and senior citizens
consultants**

Northern Region

Sudbury

111 Larch St., 8th fl.
Sudbury, Ont. P3E 4T5
(705) 674-7543

Consultant:

Joe Tschirky

Thunder Bay

710 Victoria Ave.
Thunder Bay, Ont.
P7C 5P7
(807) 475-1300

Consultant:

Kathleen Heggie

Timmins

12 Elm St. N.
Timmins, Ont. P4N 6A1
(705) 264-9407

Southeastern Region

Kingston

1055 Princess St.
Suite 103
Kingston, Ont. K7L 5T3
(613) 544-6206

Ottawa

2197 E. Riverside Dr.
Room 201
Ottawa, Ont. K1H 7X3
(613) 737-5520

Consultant;
Sandra Bickerstaff

Peterborough

139 George St. N.
Peterborough, Ont
K9J 3G6
(705) 742-9292

Consultant:
Alan Cavell

Central Region

Barrie

70 Collier St.
5th fl., Box 910
Barrie, Ont. L4M 4Y6
(705) 737-1311

Consultant:
Mike Klejman

Toronto

110 Eglinton Ave. W.
Toronto, Ont. M4R 1A3
(416) 965-9943

Consultants:
Evelyn Harvey
Peter Murchison

Southwestern Region

Hamilton

100 Main St. E.
39th and 40th floors
Hamilton, Ont. L8N 3W4
(416) 526-9300

London

495 Richmond St., 6th fl.
London, Ont. N6A 5A9
(519) 438-5111

Consultant:
Walter Chmiel

Waterloo

75 King St. S., 6th fl.
Waterloo, Ont. N2J 1P2
(519) 886-4700

Consultant:
Les Phillips

Windsor

Ontario Government Bldg.
250 Windsor Ave.
Windsor, Ont. N9A 6V9
(519) 254-1651



Ministry of
Community and
Social Services



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